

THE ANCHOR NEWS



***St. Joseph-Lincoln
Senior Service Center***
3271 Lincoln Avenue
St. Joseph, MI 49085
(269) 429-7768

DIRECTORSJLSC@COMCAST.NET
WWW.SJLSC.ORG



COVID-19 VACCINATION CLINIC

The Berrien County Health Department will be conducting a COVID-19 Vaccination Clinic for people **65 and older at our Center** on February 11th and March 11th. They will be administering either the Moderna or Pfizer vaccine. Both are a 2-shot combination so the Health Department will schedule an appointment for the 2nd shot when you come for the first. Both clinics will take place at our Center.

The Vaccination Clinic will be **BY APPOINTMENT ONLY**. Please follow the instructions below:

1. Call for your appointment time.
2. After you make your appointment time, do not schedule an appointment at another site; leave those for other community members.
3. Arrive on vaccination day no more than 10 minutes before your scheduled time.
4. Masks will be mandatory and must be worn correctly.
5. Wear loose clothing or a short sleeve shirt.
6. After your vaccination, you will have a 15-30 minute waiting period.

ADDITIONAL VACCINE INFORMATION



We will have a limited number of vaccines at our clinic and the appointments will fill up quickly. **The information below should be helpful for you to understand the process if you aren't able to get an appointment at our Center.**

Berrien County Health Department and Spectrum Health are working collaboratively to provide COVID-19 vaccines as quickly as possible to all those who are eligible. Because quantities of the vaccine are still very limited and will be for the foreseeable future, these organizations will prioritize the highest risk populations to receive the vaccine as soon as possible.

The most efficient way to indicate interest in receiving the vaccine is to complete the pre-registration wait list on the Berrien County Health Department website (bchdmi.org) or complete the survey on Lakeland MyChart located under questionnaires in the My Record section. On these sites you will be given an option of how to contact you, by email or phone. You will be contacted when you can get the vaccine; don't call them, they will contact you. If you do not have access to a computer, you can call the Health Department's hotline at 800-815-5485 and they will assist you in registering.

Important things to remember:

- The demand for vaccines is greater than the supply right now. Please be patient.
- Do not visit any vaccination site without an appointment.
- We will provide rides to seniors in our service area. Please call the Center for information.

NOTES FROM RICK

Why will we still be wearing a mask and avoiding crowds after getting the COVID-19 vaccine? It may seem counterintuitive, but Health officials say that even after you get vaccinated you still need to practice pandemic precautions, at least for a while. I've read several articles from Infectious Disease specialists trying to understand why.

1. In the short run, it will take some time for the vaccine's effectiveness to build up.
2. Studies have shown that the Pfizer-Bio-NTech and the Moderna vaccines are only about 95% effective 2 weeks after the 2nd shot. That means that 1 out of 20 people who get the vaccine might still get moderate to severe infection.
3. They are not sure yet that when you get the vaccine and you are exposed if you can still spread the virus to others. Their concern is that even though you've had the vaccine you might still have an asymptomatic infection, one without symptoms, but still be able to spread the virus to others. The scientists that are studying the vaccine and its effectiveness don't have an answer to that question yet and might not for another year or more.
4. The vaccine will not stop you from getting the virus. It only builds up your ability to fight it off. So, depending on your immune system's response to the vaccine, you may never know if you've had COVID-19 or you might just have a mild case. Just like the flu vaccine, it might protect you completely or you may only have a mild case instead of the full blown version.
5. Some questions have come up about the reliability of the vaccines available, that maybe another one coming out next month or next year might be better. Right now there is no biological reason to think that any potential vaccine will be better than those available today. We are hoping to reopen the Center with reduced class sizes. We could be offering more classes to spread out the attendance. As this goes to print, the Board will be meeting to discuss opportunities. Hope to see you all soon!

Rick Freridge
2 SJLSC Board of Directors President



TAX CHECKLIST

EVERYONE MUST HAVE A PHOTO ID AND SOCIAL SECURITY CARD WITH THEM TO HAVE TAXES DONE. THERE WILL BE NO EXCEPTIONS! IF MARRIED, FILING JOINTLY, BOTH SPOUSES NEED TO BE PRESENT.

Bring the following documents to your appointment :

- 2019 Tax return, no matter where it was done
- 2020 Social Security Statement (SSA-1099)
- 2020 Interest statement from banks/credit unions (1099-INT)
- 2020 Dividends statements (1099-Div., 1099B)
- 2020 Income statements from retirement funds (1099R)
- 2020 Any earned income (W-2, 1099 NEC, other 1099s)
- 2020 Health insurance premiums paid by you
- Summer & Winter property tax bills. One due Sept, 2020 and one due Feb, 2021
- 2019 and 2020 Michigan income taxes paid in 2020, if you itemize deductions
- 2020 heating bills
- Any other Federal or Michigan income tax forms you received

If you want to have your refund deposited directly in your bank account, you must bring a blank check or savings account information that shows both the account number and the bank routing number.

If you rent, have your monthly payment amount and the name and address of your landlord.

See the back page for more tax appointment details.

**HAPPY
VALENTINE'S
DAY!**



NEWSLETTER MAILING VOLUNTEERS

**This month's mailing is Wednesday,
February 24th at 8:00 am**



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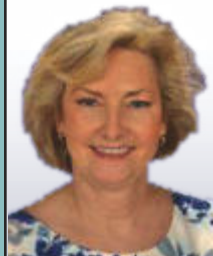
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15-0754

FASCINATING VALENTINE'S DAY FACTS



Although Valentine's Day is touted as a big corporate scheme, it's actually more than just a Hallmark holiday. It has pretty rich history that dates all the way back to Ancient Rome.

- ◇ In the 1300's, it officially became a holiday associated with love and romance. The holiday was Christianized when the Roman Pope Gelasius officially declared the date of February 14th, "St. Valentine's Day." The day then became associated with love because many believed that birds started their mating season on February 14th.
- ◇ The first valentine was sent in the 15th century. It was a poem written by a French medieval duke named Charles to his wife in 1415.
- ◇ Not until the 1840s did we get the first mass-produced valentines. These were sold by Esther A. Howland, known as the "mother of the American Valentine."
- ◇ Today, it's a pretty big business. About 55% of Americans celebrate Valentine's Day and spend an estimated \$19.6 billion per year, including more than \$1.8 billion on candy alone.
- ◇ Americans send 145 million Valentine's Day cards each year, which makes it the second biggest holiday for exchanging greeting cards, after Christmas! Teachers receive the most Valentine's Day cards annually.
- ◇ Hey, furry friends need love, too! American households spend nearly \$650 million on gifts for their pets.
- ◇ The Valentine's Day gift that people spend the most on is jewelry at a whopping \$4.7 billion!
- ◇ The first heart-shaped box of chocolates was introduced in 1861 and was created by Richard Cadbury, son of Cadbury founder John Cadbury. He started packaging chocolates in fancy boxes to increase sales. Today more than 36 million heart-shaped boxes of chocolates are sold each year. That's 58 million pounds of chocolate!



NEW BALANCE CLASS ON WEBSITE



Check out Jean Green teaching a new class, which will be offered at our Center when we reopen. This class

is for everyone, because the benefits are so important for all of us; improved muscle tone and bone strength, better reaction time to catch yourself if you start to fall. Start doing these exercises now at home to enhance your overall health and mobility.

GREEN THUMBS



We had turned the Board Room into a Green House for a short while. Many thanks to Sarah Rodgers and Art Wagner for all their hard work in taking care of the

plants at the Senior Center. They have repotted all of them and given them tender loving care for your return!

WHAT WE LOVE ABOUT SPRING!



Spring is right around the corner and with that comes so many things to look forward to! Warm sunshine, that day when all the baby birds are born, tulips, the neon green of the first leaves on the trees to appear, perfect temperatures, working outside, and the sweet song of birds! Stay positive, think happy thoughts, and we hope to see you all soon!

NOTE: "All advertising content is not endorsed by the Saint Joseph-Lincoln Senior Service Center but it is the view of the presenting organization."

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When it comes to Veterans Benefits, many veterans and dependents don't know what they don't know. Nationwide, less than 10% of those eligible apply. Let us help to educate and navigate you thru the maze of what is available from discharge to death. Here are some of the many benefits:

★ Disability Compensation benefits for prior conditions, diseases or injuries that occurred in service or many years later as a result of service (e.g. Agent Orange Exposure, Camp Lejeune Contaminated Water, Post Traumatic Stress Disorder – combat or personal trauma) to name a few.

★ PTSD Counselors from the South Bend Vet Center who come to Berrien County twice a week.

★ Non-Service Connected Veterans Pension and Survivors Pension benefits (House Bound as well as Aid and Attendance) for low income veterans over age 65 or prior to age 65 that are disabled and have at least one day of wartime service (additional means tested restrictions apply).

★ Free transportation at designated stops for veterans enrolled in the VA Health Benefits Program to the VA Medical Center in Battle Creek and the VA Health Care Center in Mishawaka.

★ Financial assistance thru the Michigan Veterans Trust Fund for wartime veterans or peacetime veterans who earned an expeditionary medal (additional means tested restrictions apply).

★ Free financial coaching from an Accredited Financial Counselor and Financial Fitness Coach Counselor as well as ongoing Dave Ramsey's Financial Peace University Military Edition classes.



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SPECIAL THANKS TO THESE VOLUNTEERS

- ♦ All of our drivers who are transporting our members to medical appointments.
- ♦ Ron Bonczkowski and Ron Liggett for distributing commodities.
- ♦ Jeannette Jeske, Jane Jeffery, Mary Sundblad, Kathy Myrick, Fay & Werner Pressnitz and Bonnie Korican for preparing our January newsletter mailing.
- ♦ Fay & Werner Pressnitz, Erica Mauerman, Marilyn Mann, Bill Burrows, Art Wagner, Len Casario, Cindy Miller,

Marcia Hess, Pauline Fox, and Rick Fredridge for painting many areas around the Center and getting it ready for our members to return.

- ♦ Maureen Olofsson for videoing exercise classes.
- ♦ Jim Cox for preforming his variety of handy man skills.

DONATIONS

- ♦ Manager Robyn from Walgreen on John Beers in Stevensville for cases of bottled water.

MONETARY DONATIONS

- ♦ All the anonymous transportation riders for Donations to our Transportation Program.
- ♦ Bob & Carol Starks, Sandy Thurlow, Erin Menzer, Sherry Conybeare made a Donation to our General Building Fund.
- ♦ Terry McNeil and Lucy Ann DeVries & Family made a Donation to the Walking Trail.
- ♦ Veda Wright made a Donation to the Brick Fundraiser.
- ♦ Pat & Fred Seifert, Dolores & Jeannette Fester, Jeanne Hardt, Norma Kirchner, Meriellen Allen, and Norma Nisbet made a Donation to the Bakeless Bake Sale.
- ♦ Marion Gathright, James & Nancy Anderson say Thank you for the Loan Closet.
- ♦ Dale & Joyce Gano, William & Sue Batson, Donald Bamann, Donna Schmidt Uphues and Karen Harner made a Donation in Memory of Duane Schmidt.
- ♦ Mary Sundblad made a Donation in Memory of Betty Ross.
- ♦ Dorothy Thar made a Donation in Memory of Jan Polstin.
- ♦ Lillian Raugust made a Donation in Memory of Robert Diehl.
- ♦ Jennifer Malone made a Thrivent Donation.

February being the month of love and kindness we felt it fitting to let you know how much we care about all of you and look forward to the day our doors will reopen so we can see everyone again. We also wanted to let you know of the improvements that are going on inside the Center awaiting your return. We have converted all of the bathroom toilets and faucets over to touchless in an effort to minimize the transmission of germs. The Circuit Training Room is being moved to the other side of the hall and will now occupy the space which was once the Board Room and Card Room. The increased use of this room before we closed made it clear that we need more room to accompany more people and equipment. The Card Room will be moved to where the Circuit Training Room was and our Board Room will be moved down to the school side of the building. We can't wait for you to see all the changes and welcome you back!



THIS COULD BE YOURS! How nice it would be to be tooling around in the spring on this beautiful bike. You could be the one! Stay tuned for details.





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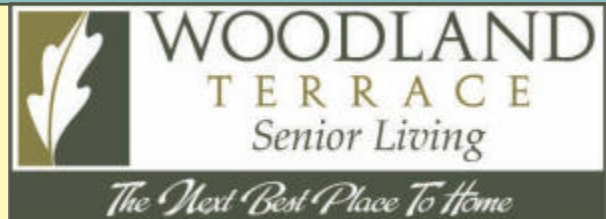
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It is the mission of the St. Joseph-Lincoln Senior Service Center to provide safe, friendly, and positive social, educational, and recreational services for the 60 + citizens of our community.

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Treasurer Bob Hopkins

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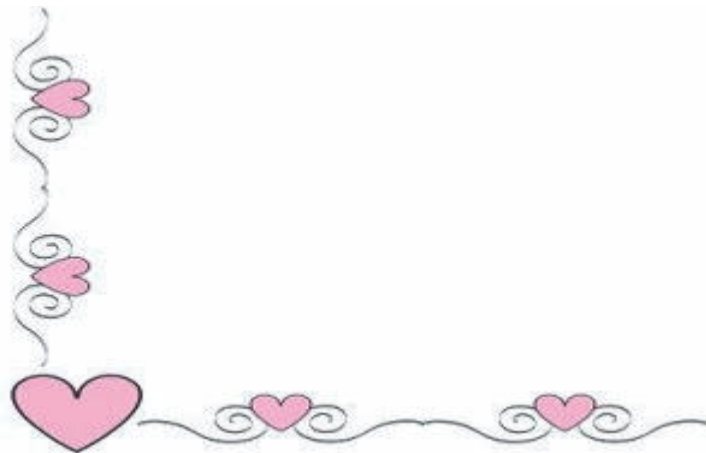
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Program Coordinator Jennifer Malone
Support Associate Sharyl Freehling
Staff Assistant Sarah Rodgers
Receptionist Onalee Hartman
Building Custodian Tai Huynh
Senior Nutrition Manager Marilyn Hawkins 235-4103
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Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	983-7111



MONTH AT A GLANCE

14 Valentine's Day

18 Board Meeting 10:00 am
19 Commodities - Monthly - 9:00-11:00 am
27 Newsletter Mailing 8:00 am

TAX TIME IS HERE

Because of health and safety reasons, tax preparation will be different this year. At the first of two appointments, your documents will be loaded to a computer, returned to you and you will leave. A preparer will complete your return, and you will be called for a second appointment to pick up your return. Appointments will begin on February 16th and will fill up quickly. Due to the new procedures and lack of volunteers we will not be able to process the volume of returns that we have in the past. You can call to make an appointment starting February 1st. Please round up all of your paperwork before scheduling an appointment. **Please use the checklist on page 2 of this newsletter when gathering your documentation.** At the first appointment, you must fill out an Intake/Interview form to make sure you have everything you need. AARP tax volunteers are able to help you file simple Federal and State income tax returns, including Homestead Property Credit and Home Heating Credit. For a Property Tax Credit you should bring your property tax bill to the appointment. FYI, **COMPLEX TAXES MUST BE COMPLETED BY A TAX SERVICE!** This includes any business pursuits.